

Bringing It All Together

Participants redesign a prevention program and discuss how to apply what they've learned from the training to their work environment.



*approximate time:
1 hour, 45 minutes*

Learning Objectives

Participants will be able to:

- redesign a prevention program based on what they've learned from the training
- review important points from the training
- discuss how they'll apply what they've learned from the training to their work environments

Materials and Preparation

Be ready to use the following work sheets:

- **The Grant Application**
- **The Assessment**

The Grant Application

Hope Unlimited is a community-based organization serving Silver County. It's mission is to prevent alcohol, tobacco and other drug use by youth. The agency's executive director has prepared the following draft of a grant application to the Health and Wellness Foundation and has asked you to critique it. A separate checklist, entitled The Assessment, will guide you through the process.

I. Agency Resources and Staff

Composition by Ethnicity

	White	Hispanic	African American	Native American	Asian Pacific Islander	Other
Service area	65%	20%	10%	2%	3%	0
Board	80%	10%	5%	0	5%	0
Staff	90%	5%	0	0	0	5%

Composition by Sex

	male	female
Service area	53%	47%
Board	10%	90%
Staff	5%	95%

Qualifications of Staff

The agency employs 20 full-time staff. Due to low funding, most of the staff have fewer than five years of experience. Only one staff member, the executive director, has a graduate degree (M.S.W.). None of the staff have received formal training to be prevention professionals; their training has been informal and on the job.

Does your agency have a code of ethics for your prevention services? Please describe:

We have general guidelines concerning confidentiality and nonuse by staff and volunteers.



WORK SHEET

II. Project Description

This project will involve 3 components: an education curriculum for students, alternative activities, and a community task force to change laws and norms. The educational curriculum will involve a 6-week curriculum taught at the local high school. The 6-week curriculum includes videos about the effects of alcohol on the body and alcohol-related fatal traffic crashes. They will also listen to lectures from people whose lives have been affected by alcohol (victims, recovering alcoholics, and children of alcoholics). Recreational activities will include Friday night alcohol-free dances, sports, and club meetings. Community leaders will be asked to serve on the community task force. The task force will work with the city council to increase taxes on alcohol and increase enforcement of the existing laws relating to alcohol.

III. Program Goals and Objectives

Goal: The program goals are to increase the participants' knowledge about the dangers of alcohol and increase alcohol taxes, thereby preventing the use of alcohol by teenagers.

Objectives:

- 100 high school students will participate in the 6-week alcohol education course
- 100 high school students will attend the Friday night alcohol free dances, sports events, and the club meetings
- alcohol excise taxes will increased by 5%
- Compliance checks will be conducted at 10 alcohol retail outlets per quarter

IV. Target Group and Recruitment

We will work with the local law enforcement agency and students that are arrested for alcohol violations will be referred to the education component of the project. Students will attend the course after school for 6 weeks once a week. The Friday night alcohol free dances, sports, and club membership will be open to all students.

V. Cultural Context

Describe how your agency addresses cultural diversity, in terms of staff and materials.

- Only English versions of the curriculum materials are currently available.
- Our staff works well with a diverse population, but few youth of color participate in the recreation programs.



WORK SHEET

V. Cultural Context— *continued*

- Compliance checks will be conducted in all areas of the city.
- All participants share one culture.

VI. Strategies

Please place an X by the target population that the above project will include:

- ☒ universal
☐ selective
☒ indicated

Please place an X by the specific strategies that the above project will include:

- ☐ information dissemination
☒ education
☐ community-based process
☒ alternatives
☒ environmental
☒ problem identification and referral

Please place an X by the risk factors and protective factors that the above project will address:

RISK FACTORS

Community

- ☒ availability of drugs
☒ community laws and norms favorable toward drug use
☐ transitions and mobility
☐ low neighborhood attachment and community disorganization
☐ extreme economic deprivation

Family

- ☐ family history of the problem behavior
☐ family management problems
☐ family conflict
☐ parental attitudes and involvement in drug use



WORK SHEET

VI. Strategies — *continued*

School

- ☐ early and persistent antisocial behavior
- ☐ academic failure beginning in elementary school
- ☐ lack of commitment to school

Individual/Peer

- ☐ alienation/rebelliousness
- ☐ friends who engage in the problem behavior
- ☒ favorable attitudes toward the problem behavior
- ☐ early initiation of the problem behavior
- ☐ constitutional factors

PROTECTIVE FACTORS

- ☐ individual characteristics
- ☐ bonding
- ☒ healthy beliefs and clear standards

VII. Human Development

The education course will provide an opportunity for participants to express their feelings and opinions, which is important for the developmental stage they are in. The alternative activities will allow participants to socialize with their peers, which is also important for this age group.

VIII. Prevention Program Planning

Describe your agency's efforts in assessing community readiness.

Our staff spoke to parents and teachers, who all said this is a much-needed program.

Describe your agency's efforts in conducting a needs assessment.

Archival data was looked at for school and community risk factors. A school survey was looked at from 4 years earlier.

Describe your agency's efforts in prioritizing risk and protective factors.

The executive director informally polls key community members and they agree that we need to reduce these risk factors.

Describe your agency's efforts in conducting a resource assessment.

There are no other programs like this in the community.



WORK SHEET

VIII. Prevention Program Planning — *continued*

Describe your agency's efforts in targeting the population.

It is important to reach kids that are experimenting with drugs and intervene so that they do not develop more severe problems.

Describe your agency's efforts in implementing best practices.

The six week curriculum is based on a model program which was evaluated and shown to be promising in preventing substance abuse with middle school students. Alternative activities have been shown to be effective with high-risk youth and when used in combination with other prevention efforts. Increasing taxes has been shown to be effective in reducing consumption among youth.

Describe your agency's efforts in evaluation.

We plan to keep attendance records for the alcohol education course and the alternative activities. Pre-post tests will be administered to determine if participants increased their knowledge about the dangers of alcohol and if their attitudes against drinking changed. We will look at recidivism rates for the referred students to determine if they re-offended. We will keep track of the compliance check rates to determine if sales to minors decreased. We will assess whether taxes on alcohol were increased.

WORK SHEET



The Assessment

Complete this sheet—use other sheets as necessary—based on the work sheet, The Grant Application.

1. Assess the adequacy of agency resources and staff:

Area	Adequate	Inadequate	Comments
Composition			
Qualifications			
Ethics			

2. Assess the adequacy of how the agency addresses cultural diversity:

3. Assess the strategies employed:

- ☐ Are the strategies related to the program objectives?
- ☐ Does the program have an objective in support of each strategy it wishes to employ?
- ☐ Would other strategies be more appropriate?
- ☐ Are the risk factors and protective factors adequately addressed?

4. Assess the developmental appropriateness of the approach:

WORK SHEET

5. Assess the adequacy of the agency in the following areas:

Area	Adequate	Inadequate	Comments
Assessing community readiness			
Prioritizing risk and protective factors			
Conducting a resource assessment			
Targeting the population			
Implementing best practices			
Evaluation			

6. Recommendations:

For each of the deficiencies noted in your analysis, make a recommendation for improvement.

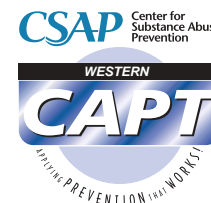
7. Redesign:

Review the research and the approaches we've discussed in this training and suggest ways that this program can be more effective.

List of Abbreviations

AMA	American Medical Association
ATOD	Alcohol, Tobacco and Other Drugs
ATTC	Addiction Technology Transfer Center
BATF	Bureau of Alcohol, Tobacco and Firearms
CADCA	Community Anti-Drug Coalitions of America
CAPT	Center for the Application of Prevention Technologies
CBO	Community Based Organization
CDC	Centers for Disease Control and Prevention
CSAP	Center for Substance Abuse Prevention
CSAT	Center for Substance Abuse Treatment
DEA	Drug Enforcement Administration
DFSCA	Drug Free Schools and Communities Act
DHHS	Department of Health and Human Services
DOE	Department of Education
DUI	Driving Under the Influence
DWI	Driving While Intoxicated
EAPA	Employee Assistance Professionals Association
FBI	Federal Bureau of Investigation
FDA	Food and Drug Administration
GFA	Guidance for Application
IOM	Institute of Medicine
MADD	Mothers Against Drunk Driving
NAPAFASA	National Asian Pacific American Families Against Substance Abuse, Inc.
NAPPA	National Association of Prevention Professionals and Advocates, Inc.
NASADAD	National Association of State Alcohol and Drug Abuse Directors
NCADI	CSAP's National Clearinghouse for Alcohol and Drug Information
NCAP	National Center for the Advancement of Prevention
NIAAA	National Institute on Alcohol Abuse and Alcoholism
NIDA	National Institute on Drug Abuse
NPN	National Prevention Network
OJJDP	Office of Juvenile Justice and Delinquency Prevention
ONDCP	Office of National Drug Control Policy
PDFA	Partnership for a Drug-Free America
PEP	Prevention Enhancement Protocol
RADAR Network	Regional Alcohol and Drug Awareness Resource Network
SALIS	Substance Abuse Librarians and Information Specialists
SAMHSA	Substance Abuse and Mental Health Services Administration
SAPST	Substance Abuse Prevention Specialist Training
SSA	Single State Agency
YSAPI	National Youth Substance Abuse Prevention Initiative

Sources of Prevention Research



The following documents are excellent sources for information about promising approaches to and “best practices” in the prevention of the use of alcohol, tobacco and other drugs. In addition, many sites on the Internet can direct you to databases, prevention organizations, and further research. Two such sites are the following:

- **www.health.org**, the site for the National Clearinghouse for Alcohol and Drug Information
- **www.westcapt.org**, the site for the Western Regional Center for the Application of Prevention Technologies.

“Preventing Drug Use Among Children and Adolescents,” National Institute on Drug Abuse (1997). To order a free copy, contact the National Clearinghouse for Alcohol and Drug Information (NCADI), 800/729-6686, and request Publication Order #PHD 734.

“Drug Abuse Prevention: What Works,” National Institute on Drug Abuse (1997). To obtain a copy, contact National Technical Information Services, 800/553-6847, and request Publication Number PB#97-209605. This book is part of a five-book packet that costs \$83.00 plus \$5.00 handling.

“Prevention Strategies: A Research Guide to What Works,” Developmental Research and Programs (1996). To order a copy (\$49.95—discounts available on volume purchases), contact Developmental Research and Programs at moreinfo@drp.org or 800/736-2630.

“A Review of Alternative Activities and Alternatives Programs in Youth-Oriented Prevention,” Center for Substance Abuse Prevention (1996). To order a free copy, contact the National Clearinghouse for Alcohol and Drug Information (NCADI), 800/729-6686, and request Publication Order #PHD 731.

“Making the Grade: A Guide to School Drug Prevention Programs,” Drug Strategies (1996). To order a copy (\$12.95 for 1-4 copies and \$9.95 for 5 or more copies), contact Drug Strategies at 202/663-6090.

“Selected Findings in Prevention: A Decade of Results from the Center for Substance Abuse Prevention,” Center for Substance Abuse Prevention (1997). To order a free copy, contact the National Clearinghouse for Alcohol and Drug Information (NCADI), 800/729-6686, and request Publication Order #PHD 747.

“The Practical Theorist: Prevention Research in Parenting and Family Intervention,” Community Anti-Drug Coalitions of America (1997). To order a copy (\$3.50), contact Community Anti-Drug Coalitions of America, 800/54-CADCA.

Sources of Prevention Research – continued



“Reducing Tobacco Use Among Youth: Community-Based Approaches,” Center for Substance Abuse Prevention (1997). To order a free copy, contact the National Clearinghouse for Alcohol and Drug Information (NCADI), 800/729-6686, and request Publication Order #PHD 744 (for 12-page community guide), #PHD 745 (for prevention practitioners guide), or #PHD 746 (full document).

“Preventing Substance Abuse among Children and Adolescents: Family-Centered Approaches,” Center for Substance Abuse Prevention (1998). To order a free copy, contact the National Clearinghouse for Alcohol and Drug Information (NCADI), 800/729-6686, and request Publication Order #SMA 3224-FY98. Prevention practitioners guide and parent/community guide available.

“Preventing Problems Related to Alcohol Availability: Environmental Approaches,” Center for Substance Abuse Prevention (1999). To order a free copy, contact the National Clearinghouse for Alcohol and Drug Information (NCADI), 800/729-6686, and request Publication Order # PHD822.

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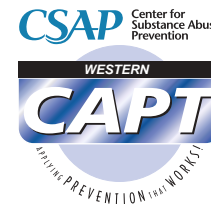
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